

Activity Dates: Classes begin week of June 2 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

PYLE ADULT RECREATION CENTER
655 E. Southern
(corner of Rural and Southern)
480-350-5211

The Pyle Adult Recreation Center is a recreation facility for adults ages 18 and older. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, billiards room, card room and 6 meeting rooms.

Facility hours are:

Monday-Thursday	8am-9pm
Friday	8am-5pm
Saturday	9am-4pm
Sundays	Closed
Holiday Closures	July 4th

PARTICIPATION & OBSERVATION:

- Minimum age requirement for the following activities is 50 years.
- Childcare is not offered.
- Observers and non-registered individuals including children are not permitted in classes or workshops.

Visual Arts

Ceramics - Pottery Club-Enjoy a leisurely morning of hand building and throwing on the wheel. All skill levels welcome to attend this self-paced class. Instruction is provided. Bring Cone 10 clay and tools to first class.Fee: \$36. APCA-1C W 6/4-7/23 9am-12pm VIHEL

See complete listing in Activities for Adults section for additional Visual Arts classes.



Colored Pencils-An introductory course in colored pencil techniques covering landscape, still life and portraits. Class requires additional materials. A list will be sent to students before 1st class. Please bring materials to first class. Instructor: Donna

PAST-1C W 6/4-7/23 1-4pm \$26 PAC

Drawing/Sketching-Basic course in drawing covering various techniques and media with an emphasis on learning "to see." For the beginner as well as the more experienced artist. Class requires additional materials. A list will be sent to students before 1st class. Approximate cost of materials is approximately \$15. Please bring pencils, paper and eraser to first class. Instructor: Donna

PDKS-1C M 6/2-7/21 12:30-3:30pm \$26 PAC

Painting Level I & Level II-A course in acrylic and oil painting. This includes design, composition, color theory and basic painting techniques. Class requires additional materials. A list will be sent to students before 1st class. Approximate cost of materials from scratch is a maximum of \$75 depending on projects selected. If you already have materials please bring them to the first class. Level 2 class requires previous experience. Instructor: Donna

PPAS-1C Level 1 M 6/2-7/21 9am-12pm \$26PAC
PPAS-2C Level 2 Th 6/5-7/24 1-4pm \$26PAC

See complete listing in Activities for Adults section for additional ceramics classes.

Watercolor Painting-Emphasis is on technique, composition and color. Class requires additional materials. A list will be sent to students before 1st class. Approximate cost of materials is \$40-\$45 depending on projects selected. If you already have materials, please bring them to first class. Instructor: Donna

PWPS-1C T 6/3-7/22 1-4pm \$26 PAC

Retired Citizen Activities

Retirees of Tempe Association (RTA)

The Retirees of Tempe Association (RTA), an organization sponsored by the City of Tempe Community Services Department, offers ongoing programs to Tempe's retired citizens at the Pyle Adult Recreation Center (PARC), 655 E. Southern. Monthly programs, special events, workshops, and services keep retirees active. The focus of the RTA is to organize activities that enhance the quality of life for people 50 years of age and better. An RTA membership is \$3.00 per person per year. Members are eligible to participate in certain retiree activities at a special membership rate. New activities are always forming. Any RTA member is welcome to attend the RTA Advisory Committee meetings, held the second Monday of each month at 10am at PARC. The Roadrunner Chronicle is a monthly bulletin containing all information on RTA activities. A subscription to the Roadrunner Chronicle is \$5.00 and runs from January 2003 through December 2003. To become a member of the RTA or to subscribe to the Roadrunner Chronicle, or both, please come to the Pyle Adult Recreation Center.

Monthly Retiree Activities include:

Monday program (includes lunch/entertainment)	11:30am
Congregate Meals Tuesdays/Fridays	11:30am
Needleworkers meet Tuesdays at Abiding Savior Lutheran Church	9am-1pm
Needleworkers meet Thursdays at Pyle Center	9am-1pm
Senior Songbirds meet Wednesdays	9am
Kitchen Band meet Thursdays	9am
Movie of the week every Tuesday	12:30pm
Painting Workshop every Wednesday	9am-1pm
Mah Jong every Wednesday	12:30pm
Bingo every Wednesday	1pm
New Release Movies every Thursday	10:30 am
Current Events Discussion group every Thursday	11:30am
Classic Movie each Friday of the Month	9:30am
Reader's Theatre 1st & 3rd Tuesday of the Month	10am
Various Card groups throughout the week	time varies
Trips by bus to casinos, train trips, etc.	varies
Cooking Classes	monthly
Craft Classes	monthly
Special events	varies
Book Club select Fridays during each month	9:00 am

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have any questions about any of the retiree programs offered, or any of the retiree classes, please call 480-350-5211.

Activities for Retirees



Exercise

Adult Fitness-Meet new people and feel great while working out in our cool indoor fitness center. 8 weeks: 6/11-7/30. Fee: None.

ZAFT-1C 18yrs+ W 12-1pm ESCA

Chi-Kung-Chinese Yoga-Combines gentle movement, meditations and breath regulation to enhance body's energy flow. Cultivates inner strength, calms the mind and restores the body's natural state of health. Practiced at any age regardless of physical ability. Instructor: Marcene

PCKY-1C W 6/4-7/23 8-9am \$18 PAC

Dance Exercise-Get your heart pumping as you move to choreographed routines to encourage flexibility, muscular strength and cardiovascular endurance. Instructor: Wendy

Session I: Due to instructor's availability, session will consist of 23 classes, which may not run consecutively. A calendar will be distributed at the first week of classes.

PDES-1C M/W/F 6/2 8-8:55am \$30 PAC

Session II: Due to instructor's availability, session will consist of 16 classes, which may not run consecutively. A calendar will be distributed at the first week of classes.

PDES-2C T/Th 6/3 9:30-10:30am \$21 PAC

Tai-Chi Acupressure-Learn to relax and let go of stress, with this ancient health and exercise program of quiet movements to cultivate the spirit and body. This internal system will increase self-awareness, self-confidence and balance. Slow meditative movements teach internal focus. Learn specific points for neck, back and digestive disorders. Instructor: Victoria

PTCH-1C Th 6/5-7/24 8-9am \$18 PAC

Stretch & Tone-Get back into the exercise routine with this gentle exercising and stretching program. This class is specifically designed for beginning exercisers and those who have recently been inactive. Exercise at your comfort level either sitting in a chair or standing. Instructor: Wendy. Due to instructor's availability, session will consist of 16 classes, which may not run consecutively. A calendar will be distributed at the first week of classes.

PSTS-1C M/W 6/2 10:30-11:15am \$20 PAC

PSTS-3C T/Th 6/3 9:15-10am \$20 PAC

Tai Chi Chuan-This ancient exercise program consists of 36 individual memorized movements that help increase your balance and self-awareness. You will learn 17 of those movements. Martial arts are also incorporated into this class. Help reduce your stress and become centered in this class. Instructor: Dale

PTCH-2C W 6/4-7/23 12-1pm \$18 PAC

Toners & Shapers-This class is designed to strengthen and tone muscles and to increase flexibility. Class consists of a warm up and stretch, strength training exercise and a cool down stretch and relaxation. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. Instructor: Wendy

PTSS-1C M/W/F 6/2 9-10:15am \$32 PAC

Beginning Yoga-480-858-2420-Ancient science bringing mind and body together. Body becomes more flexible, muscles toned, concentration and coordination are steadily improved. An excellent release of stress and a great relaxation tool. Instructor: Marcene

PYOS-5C W 6/4-7/23 9-10:15am \$23 PAC

Introduction to Yoga-This gentle exercise class is perfect for those just beginning an exercise program. You will learn basic yoga moves and gentle stretching that will be done at your own comfort level. Movements can be done standing or sitting in a chair. Instructor: Dale

PIYO-1C M/W 6/2-7/23 11am-12pm \$32 PAC

Yoga/Qigong-Increase flexibility in this class consisting of breathing, simple stretching exercise, and relaxation. An excellent outlet for relaxation. Qigong programs taught in both beginning and intermediate classes. Instructor: Phyllis

PYOS-1C Beg M 6/2-7/21 10:15-11:15am \$23 PAC

PYOS-2C Int M 6/2-7/21 11:15-12:45pm \$27 PAC

Activity Dates: Classes begin week of June 2 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Dance Classes

PARTICIPATION & OBSERVATION:

- Childcare is not offered.
- Observers and non-registered individuals including children are not permitted in classes or workshops.

Beyond Line Dancing Level I-We have taken couple dance step and fused it into a jazz/line dance format that is beyond your regular line dance. This high-energy class will have you moving to show tunes, oldies, pop, patriotic and of course, country. Partner is not necessary. Instructor: Fran

PDSS-1C T 6/3-7/22 12-1:30pm \$24 PAC

Beyond Line Dancing Level II-A more advanced program than Level I in this class we kick it up a notch! Prerequisite: Line Dance Level 1 or teacher approval. Instructor: Fran

PDSS-2C T 6/3-7/22 1:30-3pm \$24 PAC

Dance Theatre Styles (Advanced)-Get in shape inside and out without even knowing it, when you learn dance combinations to your favorite musical songs. Class includes the opportunity to perform for community events. Previous dance experience required or Teacher approval.

PDTS-1C T/Th 6/3-7/24 10:30-11:45am \$21 PAC

Tap Dance (Intermediate/Advanced)-Get fit while having fun! Learn the techniques, fundamentals and basic dance steps for tapping your way to fitness.

PTBS-1C T/Th 6/3-7/24 8:30-8:30am \$21 PAC

PTBS-2C T/Th 6/3-7/24 9:30-10:30am \$21 PAC

General Interest

Reader's Theatre-For the amateur thespian in all of us. Readers theatre is an opportunity for retirees to share a poem, a scene from a play or a short monologue. The group rehearses the first and third Tuesday of each month at 10:00am, and then performs in the community. Performances are done with little or no props or costumes. All written materials are provided. Stop by and give this fun group a try.

Retiree Book Club-All retirees are invited to join the book club at Pyle Adult Recreation Center. We will have a book to read each month and we will then meet once a month to discuss the book. Members of the group will provide their own copies of the books. The group will agree on the books that will be read each month. Book club members will meet once a month on Fridays from 9am-11pm at the Pyle Adult Recreation Center. There is no fee for the club, we ask that you do call in to register at 480-350-5211, the group size is limited.

Activity Dates: Classes begin week of June 2 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Westside Retiree Center 480-858-2420

Monday-Friday 8:30am-2:30pm

A billiards table, activity room, instructional classes, recreational activities, health and fitness activities, and special events are offered for retirees, ages 50 and over!

Weekly Activities Include:

Monday
Congregate Lunch 12pm

Tuesday
BINGO*/Congregate Lunch 10:30am/Noon

Wednesday
Special events/movies varies/1pm

Thursday
Congregate Lunch 12pm

Friday
Congregate Lunch/BINGO* 12pm/1pm
*Card sales begin 30 minutes prior to BINGO.

Monthly Activities Include:

The Westside Retiree Center has cooking and craft classes, trips and special events on various days of the month. Guest speakers, birthday pokeno and BUNCO games take place once a month. Please refer to your monthly newsletter or call 480-858-2420 for more information. An annual subscription to the Westside Neighborly News can be purchased for \$5, to cover the cost of mailing.

Special Events

Join the fun for a lunch or breakfast at the Westside Retiree Center. Entertainment or themed activities often accompany the meal. Please register by the Friday prior to the event date.

June 11 Breakfast & BUNCO at Tiffany's-Menu: Scrambled eggs, bacon, fruit danish, fresh fruit, coffee. Fee: \$3.

YEAT-1C 50yrs+ W 9am WCC

June 25 It's a Tater Bake and Toppings Bar-Join us for Pokeeno and then we will eat baked potatoes with all the toppings, and yummy dessert. Pokeno to follow. Fee: \$3.

YEAT-2C 50yrs+ W 12pm WCC

July 2 All American Lunch-It's Independence Day at the Westside. Menu: Hamburgers, hot dogs, chips, apple pie, yummy! Fee: \$4.

YEAT-3C 50yrs+ W 12pm WCC

July 16 International Breakfast-Sample some dishes from a few different countries. Menu: Belgium waffles, French crepes with strawberries, German sausage, Polynesian fruit salad, Australian juice, and Colombian coffee. Fee: \$4.

YEAT-5C 50yrs+ W 9am WCC



July 23 Beach Blanket BINGO-bingo for prizes at 10:30, lunch at noon, 1960's trivia and sandcastle building. Menu: sub sandwich, fruit salad, chips, & a cookie. Fee: \$4.

YEAT-4C 50yrs+ W 10am-1pm WCC

July 29 Breakfast Club-Have a continental breakfast before bingo begins at 10:30am. Menu: Muffins, bagels, fruit salad, juice, coffee. Fee: \$3.

YEAT-7C 50yrs+ T 9am WCC

Aug 6 National Daughter's Day Breakfast & BUNCO-Bring in your daughter(s) or someone special that you wish to honor to this breakfast. Activities will follow the breakfast. Menu: Breakfast sandwiches with egg, Canadian bacon, cheese served on a croissant, fruit, coffee, and juice. Fee: \$4.

YEAT-8C 50yrs+ W 9am WCC

Aug 13 Monsoon Magic-Has the heat and humidity got you down? Join us for a delicious lunch and some "magical" entertainment. Menu: Soft ground beef tacos with toppings, refried beans, Spanish rice, lemonade, and strawberry shortcake. Fee: \$4.

YEAT-9C 50yrs+ W 12pm WCC

Aug 20 Breakfast with Progressive Games-Have breakfast and then get ready for some fun. We will play several games in a rotation. Menu: Breakfast scramble, fruit, toast, coffee, and juice. Fee: \$3.

YEAT-10C 50yrs+ W 9am WCC

Recreational Activities

June 27 Krispy Kremes & Kards-Did you know that the Westside has a social card hour every Friday at 11am? Well now you know! Join us a little early and we will have a few doughnuts available too! Register early so we have enough. Fee: None.

YKKR-1C 50yrs+ F 10:30am WCC

July 11 Scrapbooking-Bring six photos to make your very own memory page. Acid-free paper will be provided. Fee: \$5.

YSCP-1C 50yrs+ F 10am WCC

July 15 Fun in the "sundaes!"-Join us for ice cream sundaes. This activity will immediately follow bingo and lunch. Fee: \$1.

YFUN-1C 50yrs+ T 12:30pm WCC

July 23 Camp with grandkids-Bring your grandkids for a kid friendly breakfast, a hot dog lunch and a fun day of activities. Register both you and your grandchild. Fee: \$5 per person.

YCWK-1C all W 9am WCC

July 25 Casino Gaming Instruction-Do you want to learn the basics of casino gaming? This class will prepare you for blackjack at the local casinos. Fee: \$2.

YCGI-1C 50yrs+ F 10am WCC

Walk, Talk, and Gawk-Join us on a trip and have fun with friends. Transportation is provided from the Westside center to the trip location.

June 18 Out to Lunch Bunch-Join friends for some fun at Sam's Café-Biltmore Fashion Park! Fee includes non-alcoholic drink, a lunch item off a limited menu, tip, and transportation. Fee: \$12.

YTRP-1C 50yrs+ W 10:30am-1pm WCC

July 17 Science Center

YTRP-2C 50yrs+ Th 10am Fee: \$8

Aug 21 Phoenix Art Museum

YTRP-3C 50yrs+ Th 10am Fee: \$3

Summer registration starts April 21 for residents, April 28 for non-residents.